

York Carers Centre News

April to June 2019 Issue 86

Local schools show their support

It was national Young Carers Awareness Day in January, and our young carer support staff worked closely with schools in York to mark the event.



Primary and secondary school assemblies focused on raising awareness of young carers and fundraising. Millthorpe School sent us this great photo of their students running an awareness stall. We're grateful to all the schools who took part. Funds raised will provide much needed fun and challenging opportunities, enabling young carers of 5 to 18 years old to take a break from their caring role.

For more information about our young carer service contact enquiries@yorkcarerscentre.co.uk .

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Carers Week

Carers Week is a national annual campaign to celebrate and recognise the vital contribution made by the UK's 6.5 million carers. This year Carers Week runs from **10 to 16 June** and we have a host of events planned throughout the week in York.



Ouse Cruise

On **Wednesday 12 June** you are invited to join us for a cruise on the river Ouse from 3pm to 5pm aboard the River Duchess. The boat is accessible and refreshments will be provided. Places are limited so book yours by contacting us on **01904 715490** or **enquiries@yorkcarerscentre.co.uk** before the end of May. You are also welcome to book a place for the person you care for. We look forward to seeing you!



Legal Clinic

On **Thursday 13 June** you are offered a free legal clinic at the city centre offices of **Crombie Wilkinson Solicitors** . Carers can book a 30 minute appointment to get free advice on wills, probate and power of attorney. Phone us on **01904 715490** to book your appointment. If you do wish to instruct a solicitor following your appointment this would be at your cost.

York Carers Centre is out in the community

On **Monday 10 June** we'll be hosting a stall at York Station highlighting the important role of carers. Visitors to the stall can find out about what it means to be a carer and what support is available in the city.

We'll also be hosting information stalls on **Tuesday 11 June** at **Haxby and Wiggington Health Centre** from 10am to 12pm and **The Old Forge Surgery, Poppleton** from 2pm to 4pm.

We'll finish the week at **York Hospital on Thursday 13 June** highlighting what support is available for carers throughout the city.

We would welcome anyone to come and chat with us if you're nearby any of our information stalls.

Knowing your rights

It was national Carers Rights Day back in November, where the theme was Caring for Your Future.

This national annual event aims to increase awareness of the needs of carers, as well as inform carers where they can get help and support.



To mark the event York Carers Centre invited York's two MPs, Rachael Maskell and Julian Sturdy, to come and talk to carers about the issues they face.

Over twenty five carers took the opportunity to ask questions, voice their concerns and raise the challenges they frequently face. The main themes were:

- Benefits, specifically Carers Allowance and Personal Independence Payments (PIP).
- Mental health and the support carers and the person they care for receive.
- Social care and the difficulty in finding information about care home placements.
- The lack of accessible toilets in York. There's more on this topic on page 16.

Carers appreciated the chance to speak and be listened to by the MPs, both of whom have taken away issues to deal with.

One of the clearest uniting issues was the exhaustion of constantly having to battle for services and help, as well as concerns about more vulnerable people who do not have anyone to support them.

Carers joined us for lunch and many stayed on to do a chocolate making workshop, which was excellent fun!



Look out for our next newsletter where we'll be sharing the plans for this year's Carers Rights Day.

Carers Advice Line

Do you need information or advice about your caring role or for the person you care for? Do you have questions about:

- Benefits for carers or disabled people
- Community care
- Disability rights
- Carers rights
- Your caring role and employment rights



Call York Carers Centre Advice Line **Wednesdays, 5 to 8pm** on **01904 715490** to speak with **Andrew** or **Shirley**.

Wellbeing Hub

We are delighted to let you know about a series of carer wellbeing activities which will take place in the coming months. **You are welcome to book a place on any of these sessions by contacting us on 01904 715490 or enquiries@yorkcarerscentre.co.uk** . All of these free, varied sessions are designed to support carers in developing practical ways to enhance their wellbeing. The sessions include:

Setting Personal Goals

Wednesday 3 April from **10am to 12pm** at Friends Meeting House, Lower Friargate, York. This will be a session focussed on setting goals and exploring the importance of goals in looking after ourselves. We'll discuss how we identify the activities in life that are important to us, consider the barriers that stop us, and use this awareness to set meaningful and realistic goals.

Managing Stress and Building Resilience

Wednesday 10 April from **10am to 12pm** at Friends Meeting House, Lower Friargate, York. This session will focus on how we cope with and manage stress through prioritising and planning personal goals. We will discuss fatigue and sleep and consider strategies to support resilience, including some relaxation techniques.

Creative writing

Friday 10, 17 and 24 May

from **10am to 12pm** at

Friends Meeting House,
Lower Friargate, York. You



are welcome to attend any one or all of these sessions and no experience of creative writing is necessary. You will be guided through creating and making stories using a range of techniques including sketching with words. Please bring a notebook and pen/pencil.

Bitesize Cookery

Tuesday 4 June, 11 June, 18 June, 25 June, 2 July and 9

July from **12 to 2pm** at Tang Hall Community Centre. A series of six cookery and nutrition sessions for carers who would like to learn basic cookery skills, using delicious and affordable foods to benefit health and wellbeing.

York
Carers
Centre

**Visit our website for the
latest news and events**

www.yorkcarerscentre.co.uk

Update from the Adult Carer Support Team

Since the previous newsletter we've had the valuable Carers Rights Day event where carers voiced their issues with invited MPs, and enjoyed a very entertaining pantomime trip (oh yes we did!). We're looking forward to offering a host of carer wellbeing activities in the spring and summer months, the details for this are on page 6.

We're grateful to the Carers Trust and NHS Property Services for giving us funding for our pantomime trip to go ahead. This was Berwick Kaler's last pantomime, so it was a little emotional! We've also taken the decision that we won't be running this trip every year as a matter of course, so it was our last one for the time being. The trip was thoroughly enjoyed by a large group of adult and young adult carers.



We continue to meet lots of carers in the community at our hubs, carers café and through regular groups. We also continue to offer one to one support, Carers Assessments of Need as well as ensuring carers voices are heard through our Carers Action Group.

Substance misuse support group

This regular group for carers affected by someone else's substance misuse meets on the **third Wednesday** of the month **1.30 to 3.30pm** in the Community Room at Tesco, Askham Bar. If this is your first visit to the group please ring us on **01904 715490** to book an appointment with the facilitator before the group.

York Mental Health Carers group

This group meets on the **second Wednesday** of the month from **7pm to 9pm** at 30 Clarence Street, York. Through our partnership with the charity Rethink Mental Illness York Group the group sessions are for carers only, who care for someone with mental ill health. There is no need to book, although if you have not attended before please contact us on **01904 715490** and we can welcome you to the sessions.

Carers Breaks Marketplace

On **Wednesday 26 June** from **10.30am to 12.30pm** we will be hosting a carer breaks marketplace at the Friends Meeting House, Lower Friargate. Come along to get advice from a range of organisations about taking break from your caring role.

Carers Hubs and Carers Cafe

Our Carers Hubs and Carers Café are a friendly place for you to drop in, meet with our staff and fellow carers and have a break from your caring role. We have hubs across the community in Haxby and Acomb as well as the Carers Café in York city centre.

You are welcome to come to any or all of them, with no need to book. You are also welcome to bring the person you care for and refreshments are provided.

- **Haxby Carers Hub** meets on the **third Thursday of the month** at Costa Coffee, Haxby from 10 to 11.30am.
- **Acomb Carers Hub** meets at the busy Lidgett Grove Community Café, Lidgett Grove Church, Wheatlands Grove, YO26 5NH on the **fourth Wednesday of the month** from 10 to 11.30am.
- The **Carers Café** is the **first Wednesday** of the month from 10am to 11.30 at the new venue of St. Sampson's Centre, Church Street. Carers of all ages are welcome.

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Carers Action Group

Members of the Carers Action Group meet regularly and have been busy focusing on a variety of issues. Carers provided valuable input into various consultations to inform an action plan and development of the council's **Carers Strategy 2019 to 2023**.

Parking in York

The group further invited Graham Titchener from **City of York Council Parking Services** to a meeting, providing a very informative and interesting discussion including:

- There is a **parking hotline on 0800 138 1119** which members of the public can use to report illegal parking, such as blocking a dropped kerb. They aim to respond within 45 minutes. **101** can also be contacted with photographic evidence of obstructive parking.
- You can apply for white lines across a driveway if there is a case for this, via the **Traffic Management Team**.
- You can report issues such as buses standing idle with engines running to the **On Street Environmental Protection Team**.

Full details can be found from the City of York Council on the website www.york.gov.uk/parking or by phone **01904 551550** .

Young Carers team update

It's been a fun, busy few months in the young carer team with all of the regular youth groups running, as well as some exciting winter trips and events. Here's photo evidence showing that everyone managed to stay on their feet during the ice skating at Yorkshire Winter Wonderland in December!



All enjoyed a fantastic Christmas party at the Q Church (formerly Rock Church) to which all young carers and their families were invited.

We've had half term trips to Vue cinema and a delicious buffet meal for the older group of young carers at Panda Mamia. There's a full calendar of activities through spring including sessions with York City Football Club.

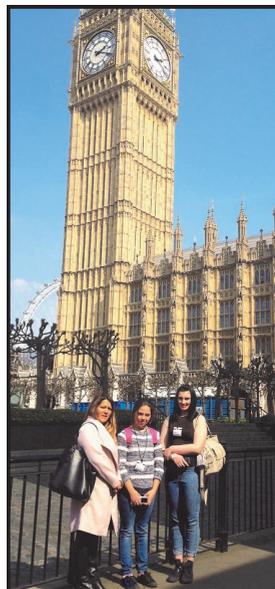
York Press ran a feature highlighting awareness raising and fundraising events hosted by local schools for Young Carers Awareness Day. From fundraising non uniform days at Archbishop Holgate School and Hobmoor to bake sales at Huntington, as well as assemblies and stalls at Millthorpe and Carr Junior. We're grateful to all schools in York supporting young carers, and



welcome enquiries from further local schools wishing to know more about how they can identify and support their pupils who also care for someone at home.

Young Adult Carers team update

2019 seems to be flying by, and we've got lots of updates and developments happening! A large investment company called Quilter are partnering with our national network body Carers Trust to roll out a three year programme especially for young adult carers. We're involved in a number of ways including, young adult carers being part of the steering group; receiving training and others enjoying the activities the grants have funded! Quilter are also helping to significantly raise the profile of carers in the nation, so make sure you look out for their projects.



Visiting London to attend the steering group

If you're a young adult carer in education, we might be able to help you. Often tutors and staff struggle to understand the different ways that caring can impact your life. If this is your experience and you would like some support communicating this, we can write statements, attend meetings or even offer training and resources to schools, colleges and universities. When we've done this previously both young adult carers and staff themselves have found it useful, and some difficult situations have been resolved, so please get in touch if you think we could help.

Continued on next page

Young adult carers update continued..

We also want to let you know about our '**Essentials**' fund. This is a pot of money that we've been given by York Children's Trust to help support you in times of emergency or need. You can only make one request within a two year period, we will usually make the purchase for you rather than give cash, plus it's a quick turnaround. Grants are generally up to £50 and have been issued for things including: gas and electricity top up when benefits were stopped, a bike to help someone get to work, a microwave, steel toe cap shoes needed for a new job, a railcard, transport costs to visit hospitals out of York, and physio sessions for back pain. If you find that you're in need, please get in touch with Jess or Clare of the young adult carer team via text, phone or email and we'll try to help.

For more information on anything to do with the young adult carer service, please make contact with Jess on **01904 715490** or mobile **07572 139379** or email jess.tomori@yorkcarerscentre.co.uk

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twitter.com/yorkcarers

Ask about adding to your record

Summary Care Records (SCR) are an electronic record of important patient information, created from GP medical records.



If you are registered with a GP practice in England you will have an SCR that informs authorised health and care staff involved in your care about important health information, including:

- Medicines you are taking
- Allergies you suffer from
- Any adverse reactions to medicines

You can choose to have additional information included in your SCR so that if you are treated by NHS staff who don't know your medical history this information will be accessible to them, for example if you go to hospital. The benefit of adding important information is that your care is safer and the risk of prescribing errors is reduced.

You might choose, for example, to add details of long-term conditions, significant medical history or specific support or communication needs.

For more information about adding to your SCR you can:

- Talk to staff at your GP surgery
- Call **0300 303 5678**
- Go to **www.digital.nhs.uk/services**

Accessible toilets in York

Carers have told us that it can be difficult to find accessible toilets in the city. Below is some useful information for people needing to access specific facilities in York.

Great British Public Toilet Map

To find out about fully accessible toilets in York including those with hoists, visit the Great British Public Toilet Map website www.uktoiletmap.org

This national service can also help you to plan a journey if you are travelling out of York. You can input any UK location to view the nearest facilities. It provides the toilet opening times, exact facilities, contact details and more.

Just Can't Wait Card

It's worth noting that anyone with a specific bladder or bowel problem can contact Bladder and Bowel UK for a free Just Can't Wait card. The card can be shown in an emergency where you need



to use a non public toilet, such as in a shop. The card itself displays the universally acknowledged WC signage and allows you to communicate discreetly and clearly that you need help and need urgent access to a toilet.

Make contact on [0161 607 8219](tel:01616078219) or bladderandboweluk@disabledliving.co.uk .

York Ageing Well Partnership is looking for a Carer Representative

The group, who recently had their first meeting, are looking for someone with experience of caring for an older person in York. It would be a carer who is willing to act as a representative for others who carry out this very important role and to contribute to the discussions of the Ageing Well Partnership. There will normally be six meetings per year, held at the City of York Council offices. Members of the York Ageing Well Partnership include City of York Council, NHS Trusts, the Clinical Commissioning Group, Healthwatch York and members of the community. **Want to know more? Please contact Pauline Milner at York CVS on pauline.milner@yorkcvs.org.uk or 01904 621133.**

Direct Payment Support and Payroll Services

Do you employ personal assistants or carers?

CVS York are offering a payroll service to people who employ their own staff as care workers. If you are considering taking on paid employees for the first time or are looking for a new payroll provider **please contact York CVS on 01904 621133**. A full list of all providers of Direct Payment Support Services and Payroll Services can be found at www.york.gov.uk .

Donations and Thanks

Thank you for all the donations from organisations and carers towards our activities and events.

Our grateful thanks go to The Company of Cordwainers of York who chose York Carers Centre as their charity of the year and donated £2,000 to support young carer activities.

Young carers also benefitted from Yorkshire Miniaturists who chose York Carers Centre as their Charity of the Year for two years.



**Our trustees with the
Company of Cordwainers**

At the end of last year £968 was gratefully received from Millthorpe School for young carers as result of a non uniform day, and £500 was raised by York Rotary Club for an fabulous young carer ice-skating trip.

We were delighted to hear from the DJs at JNJS Classic Soul that they'd selected York Carers Centre as their chosen charity for one of their soul nights, raising £565.

York Lions generously donated £250 to our substance misuse carer support group. Lastly, we were grateful to all the support we received in the community when we were bag packing at Morrisons before Christmas and at Copmanthorpe Christmas Fayre.

Volunteering News

York Carers Centre is looking for volunteers to support our work with unpaid carers in York. There are lots of ways to get involved, from fundraising or providing a listening ear, to helping in our office. We can suit your availability, whether its on a regular basis or just for a single event.

As a volunteer with us, you'll have the opportunity to enrich the lives of others, as well as learning new skills and being part of our friendly team.



For an informal discussion about volunteering at York Carers Centre call us on 01904 715490.

York Volunteer Fair

If you'd like to know more about volunteer opportunities across a wide range of organisations in York, then drop in to the **York Volunteer Fair** at the Priory Street Centre on **Tuesday 4 June** from **3 to 6pm**. To know more about the event please contact York CVS on **01904 621133**.

Care Charges

Care and Support at home

If the local council has carried out a care needs assessment and agrees an individual has eligible needs for care and support, they will then undertake a means test (financial assessment). This will determine how someone can afford to contribute towards their care costs. Only the income of the cared-for person is taken into account. For care and support at home, the means test won't take into account the value of their property. The means test for social care looks at income and savings. If the person requiring care has:

- **Capital over £23,250**

They must pay full fees, this is known as self-funding

- **Capital between £14,250 and £23,250**

The council must apply tariff income. This assumes that for every £250 of capital between these limits a person is able to afford to contribute £1 towards their care. In addition the eligible income will be taken into account, as below.

- **Capital less than £14,250**

This will be ignored and not included in the means test but the local council will still take eligible income into account.

People assessed as self-funding are entitled to advice and information from the local council and can also request that the council meet needs by arranging care. The council must agree to these requests but can charge an administration fee.

Certain types of income may not be counted in the means test: Mobility components of Disability Living Allowance or Personal Independence Payment; earnings; Pension Credit Savings Credit Disregard. A full list of disregarded income is contained within Annex C of the Care and Statutory Support Guidance available at www.gov.uk

Local councils must ensure that a person's income is not reduced below a specified level after charges have been deducted, this is known as Minimum Income Guarantee (MIG). This varies according to age and circumstances. A full list of City of York Councils fees, charges, allowances and rates is available at www.york.gov.uk

Where the local council takes a disability benefit into account they must also assess disability-related expenditure (DRE) in the financial assessment. This is to cover any disability-related needs not being met by them.

Acceptable disability related costs include: extra washing or specialist washing powders, community alarms, special diet, special clothing or footwear, additional costs for bedding, extra heating costs, reasonable costs of basic

garden maintenance, cleaning, or domestic help, (if not part of the care plan), internet access (blind or partially sighted people), any care that social services do not meet, buying and maintaining disability-related equipment and some transport costs. Other costs may be considered, if reasonable and incurred due to disability.

After the means test has been completed the local council should provide a written record of the charging decision made by them. It should explain how the financial assessment has been carried out, what the care charge is and how often it will be made. The local authority must ensure this is provided in a manner that can be easily understood.

If you don't agree with the results of the financial assessment, you have the right to complain. First complain to your local council. If you're not happy with the way the council handles your complaint, you can take it to the local government and Social Care Ombudsman.

We will cover Care Charges in relation to residential care in the next edition of the newsletter.

If you would like further information about Care Charges please contact Advice Worker Shirley Monteith 01904 715490 or shirley.monteith@yorkcarerscentre.co.uk



Please get in touch if you would prefer to receive our newsletter by email

Easter and bank holiday opening hours

We will close for Easter at **5pm on Thursday 18 April** and will reopen at **9am on Tuesday 23 April**.

We will also be closed for the bank holidays on **Monday 6 May** and **Monday 27 May**

We will not be checking our answer machine or emails during this period.

If you need urgent help when we are closed:

- Adults should contact City of York Council's Customer Access and Assessment Team on **01904 555111** or email **adult.socialsupport@york.gov.uk**
- Children and young people should contact City of York Council's Advice, Assessment and Early Intervention Service on **01904 551900** or email **childrensfrontdoor@york.gov.uk**
- If these teams are unavailable contact the Council's Emergency Duty Team on **01609 780780**

Please let us know if your details change



Call us on 01904 715490 or email enquiries@yorkcarerscentre.co.uk

Please ring us on **01904 715490**
if you need a large print version
of this newsletter

Contact us



01904 715490 9am to 5pm Monday to Thursday
9am to 4.30pm Friday



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17 Priory Street, York, YO1 6ET
registered charity number 1127644
registered company number 06760783

York Carers Centre is an independent charity that helps unpaid carers in York find the support they need. We are a network partner of Carers Trust.